

## Liberal Senior Center

### Friendship Meals

Monday, June 17 – Roast beef, mashed potatoes with gravy, seasoned broccoli, whole wheat roll, lemon cake and milk

Tuesday, June 18 – Bacon wrap chop steak, potatoes lyonnaise, California vegetables, whole wheat roll, emerald pears and milk

Wednesday, June 19 – Oven fried chicken, macaroni and cheese, Harvard beef, biscuit, creamy fruit salad and milk

Thursday, June 20 – Pepper steak stir fry, rice, vegetables in stir fry, whole wheat bread, mandarin oranges and milk

Friday, June 21 – Spaghetti with meat sauce, spinach toscana, garlic bread, sliced strawberries and milk

### Activities

- Monday, June 17

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – SCCC art class

1 p.m. – Pancake bridge

1:30 p.m. – Chicken scratch

• Tuesday, June 18

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9:45 a.m. – Bible study

1:30 p.m. – Train

7 p.m. – Bridge

## Liberal Senior Center meals and activities for week of June 17-22

Saturday, 15 June 2013 09:19

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- Wednesday, June 19

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

1 p.m. – Seward County Council on Aging board meeting

- Thursday, June 20

8:30 a.m. – Senior breakfast

9 a.m. – SCCC painting class

1 p.m. – Hand and Foot

- Friday, June 21

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

8 to 11 p.m. – Happy Steppers dance. The band is Bob Walters

• Saturday, June 22

Snooker open from 1 to 5 p.m.